

## 2009 CENTRAL REGION YOUTH RISK BEHAVIOR SURVEY MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

The following frequency distributions are based upon surveys with 141 middle school students in Central Region during February of 2009. Frequency distributions may not total 141 due to non-response and percents may not total 100 percent due to rounding.

<i>Q-1. How old are you?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 10 years old or younger	0	0.0%
b. 11 years old	0	0.0%
c. 12 years old	29	20.6%
d. 13 years old	82	58.2%
e. 14 years old	26	18.4%
f. 15 years old	4	2.8%
g. 16 years old or older	0	0.0%
<b>Total</b>	<b>141</b>	<b>100.0%</b>

<i>Q-2. What is your sex?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Female	69	49.3%
b. Male	71	50.7%
<b>Total</b>	<b>140</b>	<b>100.0%</b>

<i>Q-3. In what grade are you?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 7th grade	98	71.5%
b. 8th grade	39	28.5%
<b>Total</b>	<b>137</b>	<b>100.0%</b>

<i>Q-4. Are you Hispanic or Latino?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	13	9.6%
b. No	122	90.4%
<b>Total</b>	<b>135</b>	<b>100.0%</b>

<i>Q-5. What is your race?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. American Indian or Alaskan Native	15	10.6%
b. Asian	4	2.8%
c. Black or African American	2	1.4%
d. Native Hawaiian or Other Pacific Islander	4	2.8%
e. White	129	91.5%
(More than one response allowed)	<b>Total</b>	<b>154</b>
		<b>109.2%</b>

<i>Q-6. When you ride a bicycle, how often did you wear a helmet?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. I do not ride a bicycle	14	10.1%
b. Never wear a helmet	68	48.9%
c. Rarely wear a helmet	29	20.9%
d. Sometimes wear a helmet	13	9.4%
e. Most of the time wear a helmet	10	7.2%
f. Always wear a helmet	5	3.6%
<b>Total</b>	<b>139</b>	<b>100.0%</b>

## 2009 CENTRAL REGION YOUTH RISK BEHAVIOR SURVEY MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

Q-7. <i>When you rollerblade or ride skateboard, how often did you wear a helmet?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. I do not rollerblade or ride a skateboard	72	52.9%
b. Never wear a helmet	41	30.1%
c. Rarely wear a helmet	11	8.1%
d. Sometimes wear a helmet	6	4.4%
e. Most of the time wear a helmet	4	2.9%
f. Always wear a helmet	2	1.5%
<b>Total</b>	<b>136</b>	<b>100.0%</b>
Q-8. <i>How often do you wear your seat belt when riding in a car?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Never	5	3.7%
b. Rarely	7	5.2%
c. Sometimes	20	14.8%
d. Most of the time	51	37.8%
e. Always	52	38.5%
<b>Total</b>	<b>135</b>	<b>100.0%</b>
Q-9. <i>How often do you wear your seat belt when driving a car?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. I do not drive a car	91	66.9%
b. Never	5	3.7%
c. Rarely	6	4.4%
d. Sometimes	3	2.2%
e. Most of the time	8	5.9%
f. Always	23	16.9%
<b>Total</b>	<b>136</b>	<b>100.0%</b>
Q-10. <i>During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 times	109	78.4%
b. 1 time	9	6.5%
c. 2 or 3 times	10	7.2%
d. 4 or 5 times	1	0.7%
e. 6 or more times	10	7.2%
<b>Total</b>	<b>139</b>	<b>100.0%</b>
Q-11. <i>During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 times	134	96.4%
b. 1 time	4	2.9%
c. 2 or 3 times	0	0.0%
d. 4 or 5 times	0	0.0%
e. 6 or more times	1	0.7%
<b>Total</b>	<b>139</b>	<b>100.0%</b>
Q-12. <i>During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 days	97	70.8%
b. 1 day	9	6.6%
c. 2 or 3 days	12	8.8%
d. 4 or 5 days	3	2.2%
e. 6 or more days	16	11.7%
<b>Total</b>	<b>137</b>	<b>100.0%</b>

## 2009 CENTRAL REGION YOUTH RISK BEHAVIOR SURVEY

### MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

<i>Q-13. During the past 30 days, on how many days did you carry a gun?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 days	117	84.2%
b. 1 day	17	12.2%
c. 2 or 3 days	1	0.7%
d. 4 or 5 days	1	0.7%
e. 6 or more days	3	2.2%
<b>Total</b>	<b>139</b>	<b>100.0%</b>
<i>Q-14. During the past 30 days, did you carry a weapon such as a gun, knife or club on school property?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	13	9.3%
b. No	127	90.7%
<b>Total</b>	<b>140</b>	<b>100.0%</b>
<i>Q-15. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 days	133	95.7%
b. 1 day	4	2.9%
c. 2 or 3 days	1	0.7%
d. 4 or 5 days	1	0.7%
e. 6 or more days	0	0.0%
<b>Total</b>	<b>139</b>	<b>100.0%</b>
<i>Q-16. During the past 12 months, has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	14	10.1%
b. No	125	89.9%
<b>Total</b>	<b>139</b>	<b>100.0%</b>
<i>Q-17. During the past 12 months, have you ever been in a physical fight?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	60	43.5%
b. No	78	56.5%
<b>Total</b>	<b>138</b>	<b>100.0%</b>
<i>Q-18. During the past 12 months, have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	4	2.9%
b. No	136	97.1%
<b>Total</b>	<b>140</b>	<b>100.0%</b>
<i>Q-19. During the past 12 months, have you ever been in a physical fight on school property?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	23	16.4%
b. No	117	83.6%
<b>Total</b>	<b>140</b>	<b>100.0%</b>
<i>Q-20. During the past 12 months, have you ever been bullied on school property?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	70	53.0%
b. No	62	47.0%
<b>Total</b>	<b>132</b>	<b>100.0%</b>

## 2009 CENTRAL REGION YOUTH RISK BEHAVIOR SURVEY MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

Q-21. During the past 12 months, have you ever been electronically bullied, such as through e-mail, chat rooms, instant messaging, Web sites, or text messaging?	<u>Count</u>	<u>Percent</u>
a. Yes	32	23.0%
b. No	107	77.0%
<b>Total</b>	<b>139</b>	<b>100.0%</b>
Q-22. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?	<u>Count</u>	<u>Percent</u>
a. Yes	37	26.4%
b. No	103	73.6%
<b>Total</b>	<b>140</b>	<b>100.0%</b>
Q-23. During the past 12 months, did you ever seriously think about killing yourself?	<u>Count</u>	<u>Percent</u>
a. Yes	26	18.8%
b. No	112	81.2%
<b>Total</b>	<b>138</b>	<b>100.0%</b>
Q-24. During the past 12 months, did you make a plan about how you would kill yourself?	<u>Count</u>	<u>Percent</u>
a. Yes	18	12.9%
b. No	121	87.1%
<b>Total</b>	<b>139</b>	<b>100.0%</b>
Q-25. During the past 12 months, did you ever try to kill yourself?	<u>Count</u>	<u>Percent</u>
a. Yes	5	3.6%
b. No	134	96.4%
<b>Total</b>	<b>139</b>	<b>100.0%</b>
Q-26. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?	<u>Count</u>	<u>Percent</u>
a. I did not attempt suicide	116	84.7%
b. Yes	5	3.6%
c. No	16	11.7%
<b>Total</b>	<b>137</b>	<b>100.0%</b>
Q-27. Have you ever tried cigarette smoking, even one or two puffs	<u>Count</u>	<u>Percent</u>
a. Yes	33	23.9%
b. No	105	76.1%
<b>Total</b>	<b>138</b>	<b>100.0%</b>
Q-28. How old were you when you smoked a whole cigarette for the first time?	<u>Count</u>	<u>Percent</u>
a. I have never smoked a whole cigarette	113	83.7%
b. 8 years old or younger	8	5.9%
c. 9 years old	1	0.7%
d. 10 years old	4	3.0%
e. 11 years old	2	1.5%
f. 12 years old	4	3.0%
g. 13 years old or older	3	2.2%
<b>Total</b>	<b>135</b>	<b>100.0%</b>

## 2009 CENTRAL REGION YOUTH RISK BEHAVIOR SURVEY MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

<i>Q-29. During the past 30 days, on how many days did you smoke cigarettes?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 days	126	92.0%
b. 1 or 2 days	5	3.6%
c. 3 to 5 days	3	2.2%
d. 6 to 9 days	1	0.7%
e. 10 to 19 days	0	0.0%
f. 20 to 29 days	0	0.0%
g. All 30 days	2	1.5%
<b>Total</b>	<b>137</b>	<b>100.0%</b>

<i>Q-30. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. I did not smoke cigarettes during the past 30 days	127	91.4%
b. Less than 1 cigarette per day	5	3.6%
c. 1 cigarette per day	4	2.9%
d. 2 to 5 cigarettes per day	1	0.7%
e. 6 to 10 cigarettes per day	0	0.0%
f. 11 to 20 cigarettes per day	1	0.7%
g. More than 20 cigarettes per day	1	0.7%
<b>Total</b>	<b>139</b>	<b>100.0%</b>

<i>Q-31. During the past 30 days, how did you usually get your own cigarettes?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. I did not smoke cigarettes during the past 30 days	125	91.2%
b. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	1	0.7%
c. I bought them from a vending machine	0	0.0%
d. I gave someone else money to buy them for me	3	2.2%
e. I borrowed them from someone else	4	2.9%
f. A person 18 years old or older gave them to me	1	0.7%
g. I took them from a store or family member	2	1.5%
h. I got them some other way	1	0.7%
<b>Total</b>	<b>137</b>	<b>100.0%</b>

<i>Q-32. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	13	9.4%
b. No	126	90.6%
<b>Total</b>	<b>139</b>	<b>100.0%</b>

<i>Q-33. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garret, Beechnut, Skoal, Skoal Bandits, or Copenhagen?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 days	132	95.7%
b. 1 or 2 days	3	2.2%
c. 3 to 5 days	2	1.4%
d. 6 to 9 days	0	0.0%
e. 10 to 19 days	0	0.0%
f. 20 to 29 days	0	0.0%
g. All 30 days	1	0.7%
<b>Total</b>	<b>138</b>	<b>100.0%</b>

## 2009 CENTRAL REGION YOUTH RISK BEHAVIOR SURVEY

### MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

<i>Q-34. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 days	133	95.7%
b. 1 or 2 days	4	2.9%
c. 3 to 5 days	2	1.4%
d. 6 to 9 days	0	0.0%
e. 10 to 19 days	0	0.0%
f. 20 to 29 days	0	0.0%
g. All 30 days	0	0.0%
<b>Total</b>	<b>139</b>	<b>100.0%</b>

<i>Q-35. Have you ever had a drink of alcohol, other than a few sips?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	51	37.2%
b. No	86	62.8%
<b>Total</b>	<b>137</b>	<b>100.0%</b>

<i>Q-36. How old were you when you had your first drink of alcohol other than a few sips?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. I have never had a drink of alcohol other than a few sips	83	60.6%
b. 8 years old or younger	9	6.6%
c. 9 years old	4	2.9%
d. 10 years old	4	2.9%
e. 11 years old	9	6.6%
f. 12 years old	15	10.9%
g. 13 years old or older	13	9.5%
<b>Total</b>	<b>137</b>	<b>100.0%</b>

<i>Q-37. During the past 30 days, on how many days did you have at least one drink of alcohol?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 days	115	82.1%
b. 1 or 2 days	17	12.1%
c. 3 to 5 days	5	3.6%
d. 6 to 9 days	0	0.0%
e. 10 to 19 days	2	1.4%
f. 20 to 29 days	0	0.0%
g. All 30 days	1	0.7%
<b>Total</b>	<b>140</b>	<b>100.0%</b>

<i>Q-38. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 days	128	91.4%
b. 1 day	4	2.9%
c. 2 days	3	2.1%
d. 3 to 5 days	2	1.4%
e. 6 to 9 days	2	1.4%
f. 10 to 19 days	1	0.7%
g. 20 or more days	0	0.0%
<b>Total</b>	<b>140</b>	<b>100.0%</b>

## 2009 CENTRAL REGION YOUTH RISK BEHAVIOR SURVEY MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

<i>Q-39. Have you ever used marijuana?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	7	5.1%
b. No	130	94.9%
<b>Total</b>	<b>137</b>	<b>100.0%</b>

<i>Q-40. How old were you when you tried marijuana for the first time?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. I have never tried marijuana	132	93.6%
b. 8 years old or younger	5	3.5%
c. 9 years old	1	0.7%
d. 10 years old	1	0.7%
e. 11 years old	1	0.7%
f. 12 years old	0	0.0%
g. 13 years old or older	1	0.7%
<b>Total</b>	<b>141</b>	<b>100.0%</b>

<i>Q-41. During the past 30 days, how many times did you marijuana?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 times	133	97.1%
b. 1 or 2 times	1	0.7%
c. 3 to 9 times	2	1.5%
d. 10 to 19 times	0	0.0%
e. 20 to 39 times	0	0.0%
f. 40 or more times	1	0.7%
<b>Total</b>	<b>137</b>	<b>100.0%</b>

<i>Q-42. Have you ever used any form of cocaine, including powder, crack, or freebase?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	6	4.3%
b. No	132	95.7%
<b>Total</b>	<b>138</b>	<b>100.0%</b>

<i>Q-43. Have you ever sniffed glue or breathed the contents of spray cans, or inhaled any paints or sprays to get high?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	15	10.7%
b. No	125	89.3%
<b>Total</b>	<b>140</b>	<b>100.0%</b>

<i>Q-44. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 times	134	96.4%
b. 1 or 2 times	4	2.9%
c. 3 to 9 times	1	0.7%
d. 10 to 19 times	0	0.0%
e. 20 to 39 times	0	0.0%
f. 40 or more times	0	0.0%
<b>Total</b>	<b>139</b>	<b>100.0%</b>

<i>Q-45. Have you ever used steroid pills or shots without a doctor's prescription</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	5	3.6%
b. No	134	96.4%
<b>Total</b>	<b>139</b>	<b>100.0%</b>

## 2009 CENTRAL REGION YOUTH RISK BEHAVIOR SURVEY MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

Q46 During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

	<u>Count</u>	<u>Percent</u>
a. Yes	8	5.7%
b. No	133	94.3%
<b>Total</b>	<b>141</b>	<b>100.0%</b>

Q-47. Have you ever had sexual intercourse?

	<u>Count</u>	<u>Percent</u>
a. Yes	21	15.4%
b. No	115	84.6%
<b>Total</b>	<b>136</b>	<b>100.0%</b>

Q-48. How old were you when you had sexual intercourse for the first time?

	<u>Count</u>	<u>Percent</u>
a. I have never had sexual intercourse	112	81.8%
b. 8 years old or younger	7	5.1%
c. 9 years old	0	0.0%
d. 10 years old	2	1.5%
e. 11years old	2	1.5%
f. 12 years old	5	3.6%
g. 13 years old or older	9	6.6%
<b>Total</b>	<b>137</b>	<b>100.0%</b>

Q-49. With how many people have you had sexual intercourse?

	<u>Count</u>	<u>Percent</u>
a. I have never had sexual intercourse	122	86.5%
b. 1 person	10	7.1%
c. 2 people	5	3.5%
d. 3 people	1	0.7%
e. 4 people	0	0.0%
f. 5 people	2	1.4%
g. 6 or more people	1	0.7%
<b>Total</b>	<b>141</b>	<b>100.0%</b>

Q-50. During the past 3 months, with how many people did you have sexual intercourse?

	<u>Count</u>	<u>Percent</u>
a. I have never had sexual intercourse	122	87.1%
b. I have had sexual intercourse, but not during the past 3 months	7	5.0%
c. 1 person	8	5.7%
d. 2 people	0	0.0%
e. 3 people	1	0.7%
f. 4 people	0	0.0%
g. 5 people	2	1.4%
h. 6 or more people	0	0.0%
<b>Total</b>	<b>140</b>	<b>100.0%</b>

Q-51. Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	<u>Count</u>	<u>Percent</u>
a. I have never had sexual intercourse	121	87.1%
b. Yes	5	3.6%
c. No	13	9.4%
<b>Total</b>	<b>139</b>	<b>100.0%</b>



## 2009 CENTRAL REGION YOUTH RISK BEHAVIOR SURVEY

### MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

<i>Q-52. The last time you had sexual intercourse, did you or your partner use a condom?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. I have never had sexual intercourse	118	85.5%
b. Yes	17	12.3%
c. No	3	2.2%
<b>Total</b>	<b>138</b>	<b>100.0%</b>

<i>Q-53. How do you describe your weight?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Very underweight	5	3.6%
b. Slightly underweight	15	10.9%
c. About the right weight	74	54.0%
d. Slightly overweight	42	30.7%
e. Very overweight	1	0.7%
<b>Total</b>	<b>137</b>	<b>100.0%</b>

<i>Q-54. Which of the following are you trying to do about your weight?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Lose weight	57	41.0%
b. Gain weight	14	10.1%
c. Stay the same weight	32	23.0%
d. I am not trying to do anything about my weight	36	25.9%
<b>Total</b>	<b>139</b>	<b>100.0%</b>

<i>Q-55. During the past 7 days, on how many days did you eat breakfast?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 days	15	11.3%
b. 1 day	4	3.0%
c. 2 days	14	10.5%
d. 3 days	5	3.8%
e. 4 days	10	7.5%
f. 5 days	12	9.0%
g. 6 days	8	6.0%
h. 7 days	65	48.9%
<b>Total</b>	<b>133</b>	<b>100.0%</b>

<i>Q-56. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	65	48.1%
b. No	70	51.9%
<b>Total</b>	<b>135</b>	<b>100.0%</b>

<i>Q-57. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	39	28.1%
b. No	100	71.9%
<b>Total</b>	<b>139</b>	<b>100.0%</b>

<i>Q-58. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. Yes	16	11.6%
b. No	122	88.4%
<b>Total</b>	<b>138</b>	<b>100.0%</b>

## 2009 CENTRAL REGION YOUTH RISK BEHAVIOR SURVEY MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

Q-59. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

	<u>Count</u>	<u>Percent</u>
a. Yes	1	0.7%
b. No	137	99.3%
<b>Total</b>	<b>138</b>	<b>100.0%</b>

Q-60. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

	<u>Count</u>	<u>Percent</u>
a. Yes	4	3.0%
b. No	130	97.0%
<b>Total</b>	<b>134</b>	<b>100.0%</b>

Q-61. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?

	<u>Count</u>	<u>Percent</u>
a. I did not drink 100% fruit juice during the past 7 days	33	23.7%
b. 1 to 3 times during the past 7 days	49	35.3%
c. 4 to 6 times during the past 7 days	29	20.9%
d. 1 time per day	9	6.5%
e. 2 times per day	8	5.8%
f. 3 times per day	1	0.7%
g. 4 or more times per day	10	7.2%
<b>Total</b>	<b>139</b>	<b>100.0%</b>

Q-62. During the past 7 days, how many times did you eat fruit?

	<u>Count</u>	<u>Percent</u>
a. I did not eat fruit during the past 7 days	10	7.4%
b. 1 to 3 times during the past 7 days	42	30.9%
c. 4 to 6 times during the past 7 days	34	25.0%
d. 1 time per day	14	10.3%
e. 2 times per day	20	14.7%
f. 3 times per day	5	3.7%
g. 4 or more times per day	11	8.1%
<b>Total</b>	<b>136</b>	<b>100.0%</b>

Q-63. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite?

	<u>Count</u>	<u>Percent</u>
a. I did not drink a soda or pop during the past 7 days	24	17.4%
b. 1 to 3 times during the past 7 days	61	44.2%
c. 4 to 6 times during the past 7 days	21	15.2%
d. 1 time per day	12	8.7%
e. 2 times per day	8	5.8%
f. 3 times per day	3	2.2%
g. 4 or more times per day	9	6.5%
<b>Total</b>	<b>138</b>	<b>100.0%</b>

## 2009 CENTRAL REGION YOUTH RISK BEHAVIOR SURVEY MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

<i>Q-64. During the past 7 days, how many glasses of milk did you drink?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. I did not drink milk during the past 7 days	13	9.4%
b. 1 to 3 glasses during the past 7 days	18	12.9%
c. 4 to 6 glasses during the past 7 days	22	15.8%
d. 1 glass per day	14	10.1%
e. 2 glasses per day	25	18.0%
f. 3 glasses per day	24	17.3%
g. 4 or more glasses per day	23	16.5%
<b>Total</b>	<b>139</b>	<b>100.0%</b>

<i>Q-65. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 days	8	5.8%
b. 1 day	12	8.8%
c. 2 days	13	9.5%
d. 3 days	12	8.8%
e. 4 days	11	8.0%
f. 5 days	13	9.5%
g. 6 days	13	9.5%
h. 7 days	55	40.1%
<b>Total</b>	<b>137</b>	<b>100.0%</b>

<i>Q-66. On an average school day, how many hours do you watch TV?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. I do not watch TV on an average school day	20	14.4%
b. Less than 1 hour per day	35	25.2%
c. 1 hour per day	29	20.9%
d. 2 hours per day	21	15.1%
e. 3 hours per day	18	12.9%
f. 4 hours per day	5	3.6%
g. 5 or more hours per day	11	7.9%
<b>Total</b>	<b>139</b>	<b>100.0%</b>

<i>Q-67. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. I do not play video or computer games or use a computer for something that is not school work	30	21.6%
b. Less than 1 hour per day	46	33.1%
c. 1 hour per day	27	19.4%
d. 2 hours per day	20	14.4%
e. 3 hours per day	6	4.3%
f. 4 hours per day	1	0.7%
g. 5 or more hours per day	9	6.5%
<b>Total</b>	<b>139</b>	<b>100.0%</b>

<i>Q-68. In an average week when you are in school, on how many days do you go to physical education (PE) classes?</i>	<u><b>Count</b></u>	<u><b>Percent</b></u>
a. 0 days	32	24.2%
b. 1 day	2	1.5%
c. 2 days	6	4.5%
d. 3 days	3	2.3%
e. 4 days	60	45.5%
f. 5 days	29	22.0%
<b>Total</b>	<b>132</b>	<b>100.0%</b>

## 2009 CENTRAL REGION YOUTH RISK BEHAVIOR SURVEY MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

<i>Q-69. During the past 12 months, on how many sports teams did you play?</i>	<b><u>Count</u></b>	<b><u>Percent</u></b>
a. 0 teams	35	25.4%
b. 1 team	17	12.3%
c. 2 teams	48	34.8%
d. 3 or more teams	38	27.5%
<b><i>Total</i></b>	<b>138</b>	<b>100.0%</b>

<i>Q-70. Have you ever been taught about AIDS/HIV infection in school?</i>	<b><u>Count</u></b>	<b><u>Percent</u></b>
a. Yes	113	80.7%
b. No	9	6.4%
c. Not sure	18	12.9%
<b><i>Total</i></b>	<b>140</b>	<b>100.0%</b>

<i>Q-71. Has a doctor or nurse ever told you that you have asthma?</i>	<b><u>Count</u></b>	<b><u>Percent</u></b>
a. Yes	29	20.9%
b. No	96	69.1%
c. Not sure	14	10.1%
<b><i>Total</i></b>	<b>139</b>	<b>100.0%</b>

<i>Q-72. Do you still have asthma?</i>	<b><u>Count</u></b>	<b><u>Percent</u></b>
a. I have never had asthma	87	65.4%
b. Yes	25	18.8%
c. No	7	5.3%
d. Not sure	14	10.5%
<b><i>Total</i></b>	<b>133</b>	<b>100.0%</b>